

The Broadcaster



DEC 2018



LELWD Working to Lower Residents' Electric Bills



With winter on our doorsteps, the Littleton Electric Light and Water Departments are reminding residents of some ways to save money on their utility bills.

Littleton Electric Light Department is offering a renewable energy credit each month for customers who simply sign up. Customers need to give LELWD permission to start adding this new energy credit to the bill. They can do this by visiting www.lelwd.com/rec or calling LELWD at **978-540-2222**.

Current estimates expect the credit will range between 5-cents and \$5. Nick Lawler, LELWD general manager, visited the Council on Aging on October 11th to encourage residents to sign up for the credit, and he handed out energy-saving LED light bulbs.

"LELD receives financial incentives to invest in and to develop renewable energy projects, and we want to pass on that savings to our residential electric customers," said Nick. "We try hard to keep our rates low and then help our customers find other savings, whether it is providing a renewable energy credit or installing energy-efficient bulbs."

Sign Up for Free Energy Audit

Homeowners can also save money by conserving energy. LELWD offers a free home energy assessment to help residents learn how they can be more efficient in their homes.

A home energy advisor will assess the energy saving opportunities, including appliances, windows and doors, insulation, heating/cooling, and lighting. The entire audit usually takes about 90 minutes to complete.

LELWD's Green Rewards Program offers many rebates and incentives to customers to encourage them to install energy-saving items such as smart thermostats and appliances.

For more information about these programs, visit www.lelwd.com or call LELWD at **978-540-2222**.

Tips for Staying Warm This Winter

- Install a programmable thermostat that automatically turns the heat up or down depending on when you are home.
- Keep the thermostat set at 68 degrees in the winter when you are home and lower when you are out.
- Make sure the attic insulation is about 9 to 14 inches thick.
- Find and repair air leaks in windows and doors. A gap of one-quarter inch can let in as much air as a softball-sized hole.

Holiday Closing
The COA and Senior
Diner will be closed
Tuesday,
December 25th

Contents

Happenings	2
Outreach	3
Health/Fitness/Wellness	4
Friends of the COA	4
Menu	5
Calendar	6
Men's/Ladies' Breakfasts	7
COA Activities/Classes	7
Ongoing Activities	8-9
Community Programs	10

Wishing you and your family the happiest of holidays!
Liz, Tina, Nicole and Sue

****DEADLINE FOR NEWSLETTER SUBMISSIONS IS THE 10TH OF THE PREVIOUS MONTH****

Happenings—Dec 2018

(These are just a few of our events. Look inside for more.)

Addiction Support Group	P9	Dec 4	Tues
Book Buddy Program	P9	Dec 7	Fri
Coloring, Coffee and Conversation	P7	Dec 3	Mon
Friends' Holiday Luncheon	P4	Dec 12	Wed
Gift Wrapping Event	P4	Dec 16	Sun
Healing Conversations	P3	Dec 11 & 18	Tues
Holiday Makeover	P9	Dec 6	Thurs
IL Forno Community Lunch	P9	Dec 10	Mon
Indian Hill Bach's Lunch Concert	P8	Dec 20	Thurs
Indian Hill Holiday Concert	P8	Dec 16	Sun
Littleton Lyceum	P7	Jan 18	Fri
Living Alone and Living Well Group	P3	Dec 20	Thurs
LFD Blood Pressure Check	P4	Thursdays	
<u>Ongoing Exercise Programs</u>			
Fit-4-Life With Phyllis	P4	Tues & Thurs	
Gentle Flow Yoga	P4	Wednesday	
Line Dancing	P4	Monday	
Stretch & Flex with Carol Winge	P4	Tues & Thurs	
Tai Chi-QiGong	P4	Mon & Sat	

Refer to Calendar on Page 6 for specific times.

BILL VALES' INTERNET & COMPUTER CLASSES



Classes are held on Thursdays from 10:30 – 11:30 am in Room 230. (We linger until noon.)

- Dec 6** Data backup strategies
Dec 13 Survey of Google services

Going on vacation? Call 978-540-2470 to stop your Broadcaster mailings. This saves the COA money. Thank you!

STAFF

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 Nicole Lorensen, Outreach Coord.
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33 Shattuck Street,
 P.O. Box 1305
 Littleton, MA 01460
 Main Phone: 978-540-2470
 Fax: 978-952-2363
 Outreach: 978-540-2472
 Senior Diner: 978-540-2474

COA Office Hours:
 Monday-Friday
 8:30 am- 4:30 pm
 COA Outreach Hours:
 Monday-Friday
 9:00 am-3:00 pm

Broadcaster by Email and Online!!

You can get the Broadcaster by email! Visit our site, www.littletonma.org, select "Sign up to receive Email Notifications," enter your email address and select "Elder & Human Services Monthly Newsletter" on the next page. Look for the Broadcaster on the website, too.

*The COA Board meets the 2nd Monday of each month at 1:30 pm, Room 307, Townhouse—Open Mtg
 Friends of the Littleton COA Board meets the 1st Wednesday of each month at 1:00 pm at the Townhall*

OUTREACH INFORMATION

Residents need to make appointments for Outreach Services. Call Tina at 978-540-2472, or Nicole at 978-540-2475 to schedule an appointment.

Living Alone & Living Well Group

Please join our group which meets on the **3rd Thursday of the month (December 20th)** in room 233 from 10:30-11:30. New members welcome

Please contact Tina at 978-540-2472 or Nicole at 978-540-2475 for more information and to sign up.

Littleton Social Club (LSC)

The LSC meets on **Mondays and Wednesdays** at the Littleton COA. This is an adult supportive day program designed to benefit seniors who may be isolated at home and would like to participate.

The LSC is accepting new residents into this program. The cost includes transportation and lunch.

Please call Tina Maeder at 978-540-2472 for more details or to sign up.

Healing Conversations

Nashoba Nursing Service and Hospice has started a support program, "Healing Conversations".

Are you grieving? Please join us for Healing Conversations, a free adult bereavement support group series which began in November. The programs are facilitated by Lucia Camara and Kathy Benson, LICSW. Registration is not required, but appreciated, Please contact Kathy Benson at 978-425-6675 or by email kbenson@nashoba.org

The group will meet on **Tuesday, December 11th from 4:00-5:30 pm** at the Ayer Public Library and again on **Tuesday, December 18th, from 5:00-7:00 pm** at the Shirley Public Library.

Caregivers Meeting

There is no Caregivers support group for December. Please feel free to contact Tina at 978-540-2472 with your caregiving needs.

We plan to meet again on January 30th, 2019 at the Littleton Senior Diner from 6:30-8:00 pm.

Social Anxiety Support Group

The Social Anxiety Support Group meets every other Tuesday in Room 233. If you have anxieties, social or otherwise, we would love to have you join our group. We have a close-knit group of residents from Littleton and surrounding towns who are very open and eager to offer ideas, coping mechanisms and support for anyone who has anxieties and would like to talk about them in a supportive, safe space. The meetings will be held on **Tuesdays, December 4th and 18th from 1:00-2:30 pm**, in Room 233.

New members are welcome, but please contact Nicole Lorenson at 978-540-2475 to sign up.



Having difficulty paying your heating bills during the winter? LEHS offers a variety of assistance programs. Documentation of need is required.

Call the Outreach offices for more information: Nicole at 978-540-2475 or Tina at 978-540-2472. All Calls are confidential

SMOC Fuel Assistance Program 2018-2019 Guidelines

Applicants new to the SMOC Program began to make appointments November 1st.

<u>Household Size</u>	<u>Gross Annual Income</u>
1 person household	\$35,510
2 person household	\$46,437
3 person household	\$57,363
4 person household	\$68,289

Medicare or Health Insurance Questions



SHINE counseling is back at the Littleton COA on Fridays from **9:00 am-12 noon** in room 232.

Please call the main office at 978-540-2470 to make your appointment with Kathy Myers to discuss your health insurance needs.

FINANCIAL AID/CLASS SCHOLARSHIPS:



Any community member may request support to offset some or all of the fees associated with an activity. **Please contact Tina Maeder (978-540-2472) or Nicole Lorenson (978-540-2475) for confidential assistance.**

A reminder that the Outreach Office (978-540-2472 or 978-540-2475) is available to assist caregivers in finding Respite Services if needed.

Gift Wrapping



The Friends of the Littleton Veterans will be hosting a **FREE community GIFT WRAPPING event on Sunday, December 16th, from 2:00-6:00 pm. at VFW Post 6556, 21 Taylor Street in Littleton.**

Come get your holiday gifts wrapped, watch the Patriots game (4:25 pm kickoff!) and enjoy some pizza and appetizers. If you need a ride, just let us know. To schedule a pickup or for more information contact **Maureen Woods @ woods1234@verizon.net /978-501-0123**



Friends of the Council on Aging



Ho-Ho-Ho....

The Friends of the LCOA have a treat for you. We will be taking you to the North Pole for our December Luncheon on **Wednesday, December 12th**. Do you know who lives in the North Pole? Well, he will be joining us and he is bringing his helpers. There will also be entertainment for us all to enjoy. Get your vocal cords ready.

Lunch is at noon, in the Multi-Purpose Room, and is free. We are lucky enough to have this event sponsored by **WHOLE FOODS**.

Reservations are a must and need to be received at the COA office no later than December 6th. Call them **at 978-540-2470**, to save a seat for yourself and a friend or two.

Ho-Ho-Ho



PART-TIME VAN DRIVER WANTED

We are looking for a part-time van driver! If you or someone you know may be interested, please visit the Human Resources page at:

www.littletonma.org to see a full job description, or call **(978) 540-2455** for more information!

THRIFT SHOP



The weather is cold and holidays are here. You might say "I'm not ready for winter. I have nothing to wear!" Well, come to our Thrift Shop and find that perfect outfit! We have received a lot of new items just for you. There is a variety of fancy outfits, as well as casual ones such as: slacks, blouses, shirts, shoes, sweaters, jewelry, dresses, skirts, outer jackets, and the list goes on. In fact, keep your eye open on the Thrift Shop. There just may be a sale coming up.

We are open **Monday to Friday, 10:00 am-3:00 pm**, except for holidays. Our volunteers are there to help you.

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We thank the Friends of the COA and their generous donors for their continuing support in mailing our newsletters. Activities with this symbol are partially or fully funded by the Friends of the COA.

Free Blood Pressure Screening



Blood pressure screenings are conducted every **Tuesday** at the Littleton COA, Shattuck Street, Room 230, from **10:00 am to 12:00 noon**. Susan Hoag and Tamara Bedard from Nashoba Nursing Service join us on the **2nd Tuesday** of each month from **10:00-**

11:00 am for screenings and diet teaching. The LFD will also take your blood pressure on **Thursdays at noon in the Senior Diner**.

**All classes below are in the Multi-Purpose Room.
Call 978-540-2470 to register.**

FIT-4-LIFE with Phyllis

Tues and Thurs
9:00 to 10:00

Intermediate to Advanced.
NOW \$3 per session.



STRETCH AND FLEX

with Carol Winge
Tues and Thurs
11:15-12:15

Designed for all fitness levels. \$2 per session.

Gentle Flow Yoga

With Carol Winge
Wednesdays
9:30-10:30 am

Join the Gentle Yoga group. \$3.

Tai Chi-Qi Gong

Monday-11:00-12:00 &
6:00 pm.

Saturday, 11:00-12:00,
Beginners WELCOME!
\$3 per session

Line Dance With Kari Monday

Beginners from 9:00-10:00 am

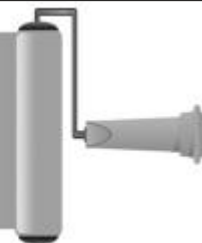
Adv Beginners from 10:00-11:00 am

Beginner/Adv Beginner from 7:30-9:00 pm
\$5 per session



Minuteman Senior Services DECEMBER 2018 Senior Dining Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Beef Teriyaki Veg Fried Rice Broccoli Fortune Cookie Multigrain Bread Pineapple	4 Gypsy Soup Grilled Chicken Marsala Red Bliss Potatoes Wheat Bread Mixed Fruit Cup	5 Potato Pollock Tartar Sauce Whipped Potato Tossed Salad Dinner Roll Brownie	6 Garden Veg Soup Swedish Meatballs Egg Noodles Multigrain Bread Clementine	7 Macaroni & Cheese Stewed Tomatoes Multigrain Bread Snack N Loaf
10 BBQ Pork Rib Corn Winter Blend Veg Multigrain Bread Strawberry Fruit Cup	11 Split Pea Soup Breaded Chicken Drumstick Brown Rice Pilaf Rye Bread Mandarin Oranges	12 Roast Pork Rosemary Gravy Butternut Squash Tossed Salad Wheat Bread Fruited Yogurt	13 Chicken Brunswick Stew Genoa Blend Veg Corn Bread Lorna Doones	14 Meatloaf Onion Gravy Whipped Potato Glazed Carrots Dinner Roll Mixed Fruit Cup
17 White Bean Kale Soup Chicken Meatballs Tomato Basil Sauce Penne Pasta Italian Bread Apricots	18 SPECIAL Roast Beef au Jus Yukon Gold Potatoes Broccoli Au Gratin Wheat Dinner Roll Frosted Layer Cake	19 Tomato Florentine Soup Grilled Chicken Breast Red Pepper Pesto Sour Cream & Chive Whipped Potatoes Pumpnickel Bread Pineapple	20 Roast Turkey Herb Gravy Cinnamon Yams Tossed Salad Wheat Bread Applesauce	21 Broccoli Bake Stewed Tomatoes Home Fries Pumpnickel Bread Ginger Boy
24 Chicken a la Vodka Cavatappi Pasta Multigrain Bread Diced Peaches	25 	26 Potato Pollock Tartar Sauce Potato Wedges Winter Blend Veg Wheat Bread Snack n Loaf	27 Portuguese Kale Soup Shepherd's Pie Multigrain Bread Choco Chip Cookie	28 Roast Pork Tarragon Gravy Scalloped Potatoes Brussels Sprouts Rye Bread Fresh Pear
31 Butternut Squash Bisque Baked Haddock Lemon Dill Sauce Chantilly Potato Wheat Bread Pears		Littleton Senior Diner is open 9:00 am to 1:00 pm Monday - Friday. Call: Gayle Dalton for Reservations Senior Diner 978-540-2474 Suggested Voluntary Donation: \$2.00	To CANCEL or ORDER, Call your <u>local</u> meal site by 11:00 am the <u>DAY BEFORE</u>	For weather emer- gencies and can- cancellations, please check Fox 25 TV station

**SUPPORT THE ADVERTISERS
THAT SUPPORT OUR COMMUNITY**




DECEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:00-11:00 Line Dancing 9:00-1:00 LSC 11:00-12:00 Tai Chi Noon Lunch Noon-2:00 "Loving Stitches" 2:00 Coloring, Coffee & Conversation 6:00 pm Tai Chi 7:30-9:00 pm Line Dancing	4 9:00-10:00 Fit 4 Life Class 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex Noon Lunch 12:30-3:30 Mah-Jongg 1:00-2:30 Social Anxiety Grp 5:30-6:30 pm Addiction Support Group	5 9:00-1:00 LSC 9:30-10:30 Yoga Noon Lunch 1:00 Friends of the COA Board Meeting	6 9:00-10:00 Fit 4 Life Class 10:00 Holiday Makeover 10:30-11:30 Computer Class 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check	7 10:30-11:45 Book Buddy Program Noon Lunch 1:00-2:30 Bingo
10 9:00-11:00 Line Dancing 9:00-1:00 LSC 11:00-12:00 Tai Chi Noon Lunch Noon-2:00 "Loving Stitches" 1:30 COA Board Meeting 6:00 pm Tai Chi 7:30-9:00 pm Line Dancing	11 9:00-10:00 Fit 4 Life Class 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex Noon Lunch 12:30-3:30 Mah-Jongg 4:00-5:30 Healing Conversations	12 9:00-1:00 LSC 9:30-10:30 Yoga Noon Friends' Holiday Luncheon	13 7:30-9:00 Ladies' Breakfast 9:00-10:00 Fit 4 Life Class 10:30-11:30 Computer Class 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check	14 Noon Lunch 1:00-2:30 Bingo
17 9:00-11:00 Line Dancing 9:00-1:00 LSC 11:00-12:00 Tai Chi Noon Lunch Noon-2:00 "Loving Stitches" 6:00 pm Tai Chi 7:30-9:00 pm Line Dancing	18 9:00-10:00 Fit 4 Life Class 10:00-12:00 BP Clinic 11:15-12:15 Stretch & Flex Noon Lunch 12:30-3:30 Mah-Jongg 1:00-2:30 Social Anxiety Grp 5:00-7:00 pm Healing Conversations	19 7:30-9:00 Men's Breakfast 9:00-1:00 LSC 9:30-10:30 Yoga Noon	20 9:00-10:00 Fit 4 Life Class 10:30-11:30 Living Alone Grp 11:00 & 1:30 Indian Hill Bach's Lunch Concert 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check	21 Noon Lunch 1:00-2:30 Bingo
24 9:00-11:00 Line Dancing 9:00-1:00 LSC 11:00-12:00 Tai Chi Noon Lunch Noon-2:00 "Loving Stitches" 6:00 pm Tai Chi 7:30-9:00 pm Line Dancing	25  CHRISTMAS	26 9:00-1:00 LSC 9:30-10:30 Yoga Noon Lunch	27 9:00-10:00 Fit 4 Life Class 11:15-12:15 Stretch & Flex Noon Lunch Noon Fire Dept BP Check	28 Noon Lunch 1:00-2:30 Bingo
31 9:00-11:00 Line Dancing 9:00-1:00 LSC 11:00-12:00 Tai Chi Noon Lunch Noon-2:00 "Loving Stitches" 6:00 pm Tai Chi 7:30-9:00 pm Line Dancing	 HAPPY NEW YEAR 2019			

THE GOOD LIFE

OUR CARE TAKES CARE OF YOU

5 Star Rating



LIFE CARE CENTER OF NASHOBA VALLEY

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www.4LPI.com/careers

LADIES' BREAKFAST

December 13th - 7:30 to 9:00 am

**MEN'S BREAKFAST**

December 19th- 7:30 am to 9:00 am

**Senior Diner - Shattuck Street**

Bacon, eggs, sausages, pancakes, home-fries, toast

Your \$3.00 donation will be given to the Friends of the COA to support Friends/COA programs

ELDER ABUSE?

If you suspect someone is being abused, neglected or financially exploited, contact **Minuteman Senior Services, Protective Services** at 781-221-7069 during regular business hours; after hours on evenings, holidays and weekends, call 1-800-922-2275 to speak confidentially to the **Elder Abuse Hotline**.

Volunteer Spotlight-Ellen Araujo

**Thanks
to Our
Volunteers!**

If you've ever shopped the Thrift Shop you are sure to recognize our choice for December's Volunteer Spotlight. Ellen Araujo not only volunteers at the Thrift Shop, but she also spends time each week helping with Meals on Wheel as well as Bingo.

Ellen has lived in Littleton for 35 years. Prior to retirement she worked for the Postal Service, which is where she met her husband and went on to have 2 children.

In her spare time, Ellen enjoys going for walks, visiting the beach, taking exercise classes and sewing. Ellen sews beautiful bags and purses.

We sure are lucky to have Ellen dedicating so much of her time to so many things within the COA.

Thank you Ellen!

Coloring, Coffee and Conversation

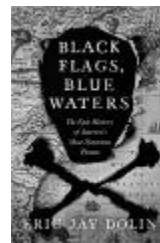
The next meeting will be **Monday December 3rd at 2:00 pm in Room 233**. No charge – coloring blanks and books available. Bring your pencils and pens.

Are You on Our Email List?

Littleton EHS sends out a weekly email to keep you in the loop about what is going on here at the COA. In addition to that we have a weekly wellness newsletter to offer tips and interesting ideas on all aspects of wellness. If you would like to be added to our list please contact **Nicole Lorenson** at 978-540-2475.



Eric Jay Dolin/Pirates
Friday, 18 January 2019, 7:30 pm
(new date)



Come hear Eric Jay Dolin discuss his latest book about surprising tales of vicious mutineers, imperial riches, and high-seas intrigue. Set against the backdrop of the Age of Exploration, *Black Flags, Blue Waters* reveals the dramatic and surprising history of American piracy's "Golden Age" — spanning the late 1600s through the early 1700s—when lawless pirates plied the

coastal waters of North America and beyond. *This program is co-sponsored by The Rotary Club of Littleton.*

Journeys in Traditional Spiritual and Gospel Music, featuring Suzanne Buell
Friday, 8 March, 2019, 7:30 pm



Lyceum offers an extraordinary music event, the history of Gospel music in America as presented by Suzanne Buell. Suzanne has been a soloist with Gospel Pops at Symphony Hall as well as a recording artist with Stax. The program will feature the music of Mavis Staples, Sister

Rosetta Tharpe, Mike Foster and many others as well as some traditional spirituals. Suzanne will tell stories of the origins of this American music and we will journey with her and find how some of these songs shaped the Civil Rights movement of the 1960s and gave life to many modern rock and blues artists. Don't miss this inspiring and informative night of music and musical history!

Purchase tickets at the door or online at www.littletonlyceum.org.

All Lyceum events are held in the Littleton High School Auditorium, Littleton, MA

Crafts at the Council



The holiday season is soon approaching and everyone is busy getting ready for Christmas. **Therefore there will be NO craft class in December.**

We will return in January with new and exciting crafts for you to create.

Have a Merry Christmas and see you next year.

Loving Stitches



Littleton's 'Loving Stitches' group meets every **Monday from 12:00-2:00 pm in Room 233**. Bring your own lunch and then enjoy some time to knit or crochet items that are donated to various local charities.

Yarn and needles are available. Come try it out and join this fun group!

Veterans Services



Our Veterans Service office provides assistance with Navigating VA Benefits (help with filing disability claims, pensions, etc.), Financial Aid and/or Assistance, Medical Expense Assistance, Burial Assistance, Cemetery Markers and Flags, Locating Military/Discharge records, Welcome Home Bonus, Veterans Work-Off Program and much more. Open every **Monday and Thursday 8:30 am-noon in Library Small Meeting Room. Town Hall Entrance, first door before elevator.**

Call John Boroski at 978-540-2485 to make an appointment.

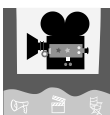
Veterans Breakfast



There will be no Veterans Breakfast in December.

We will start again in January, so check the Broadcaster for the date.

Movie of the Month



Due to the holiday, there will be no Movie of the Month for December.

We will continue in January.



Neighborhood Supper



Come and enjoy a dinner out each **Tuesday evening at the Congregational Church from 5:30 to 6:30 pm**. The Neighborhood Supper is held at the Congregational Church, but hosted by a different church each week. Open to all who would enjoy eating a meal with friends. It's **FREE!**

Senior Bingo Afternoon



Come join us on **Thursday, December 13th from 1:00 to 3:30 pm** at the Congregational Church for an afternoon of Bingo, prizes, finger desserts, tea & coffee. It's free so come, bring a friend and enjoy an afternoon of fun and companionship. **Jane Lyons 978-486-3436**

SENIOR BOWLING



Monday through Friday 10:00-1:00

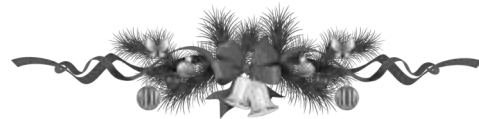
3 Games and Shoes - \$6.00. Socialize while you exercise! Complimentary Coffee on Wednesdays. **Acton Bowladrome - 978-263-7638.**

INDIAN HILL MUSIC



'BACH'S LUNCH' CONCERT: Indian Hill Music presents classical and contemporary works for flute and guitar duo featuring Eileen Yarrison, flute, and Jonathan Hurley, guitar. **TWO SHOWS - Thursday, December 20th at 11:00 am and 1:30 pm**, 36 King Street, Littleton, MA. Complimentary coffee, tea, cookies; bring your lunch. **FREE admission.** Reservations required for groups: call (978) 486-9524.

Learn more at www.indianhillmusic.org.



HOLIDAY CONCERT

New England Flute Orchestra of Indian Hill Music -- our 20-member adult flute ensemble led by Dr. Eileen Yarrison -- plays seasonal and holiday favorites from around the world: **Sunday, December 16th at 3:00 pm** at 36 King Street, Littleton, MA. **TICKETS: \$10.** Learn more:

(978) 486-9524, x116 or www.indianhillmusic.org.

Disclaimer: Some announcements and advertisements in this Broadcaster are not sponsored by the LCOA.



**YOU ARE CORDIALLY INVITED
TO THE**

**IL FORNO, LITTLETON
1st Annual HOLIDAY LUNCHEON
529 King St, Littleton, MA 01460**

MONDAY, DECEMBER 10, 2018

3 seatings:

**11:00-12:00, 12:00-1:00 PM, or
1:00-2:00 PM**

**RESERVATIONS REQUIRED
Call: Elder & Human Services
to sign up
978-540-2470**

**Please come and enjoy a wonderful meal
and celebrate the Holidays with us.**

***Mike Mohamed, Owner
and all the staff at the
Il Forno Restaurant***



Holiday Makeover

Sharon Nolli from Fallon Health – Summit ElderCare will be presenting Holiday Makeover on **Thursday, December 6th, at 10:00 am in room 233**. She will go over:

- Demonstrate how to wear scarves.
- Apply light make up on volunteers.
- How do you know when to wear gold versus silver jewelry?
- How to determine what colors are best on you.
- Try different jewelry on with the scarves

Please bring your own scarf for the demonstration.
Call the COA office at 978-540-2470 to sign up.



The Littleton Council on Aging values the diversity of our participants, staff, volunteers, and the Littleton community. We strive to promote a welcoming environment including differences in race, socioeconomic status, cultural background, sexual orientation, gender identity, ability, and other forms of uniqueness.

Book Buddy Program



The Book Buddy Program has started. Once a month, on an assigned day, we will go to Shaker Lane School, to meet with Michelle Barth, and her Kindergarten class. We will each be assigned some Buddies, and read stories together. Books will be provided, or you can bring your own. This is a fun program, and you won't be disappointed.

The dates are always on a Friday, and the times are always at 10:30-11:45 am.

These dates are: December 7th, (none in January and February), March 8th, April 5th, and May 3rd.

If you are interested, please call the COA office at **978-540-2470**. They will need your name, phone number, and email address. Someone will get back to you with

Group Support for those Affected by Addiction



Caring for someone who is struggling with an addiction, whether from afar, or on a day-to-day basis, can be emotionally, physically and mentally overwhelming. Finding support in the community from others who are experiencing the same situation or have been in a similar situation can be a great way to find the balance in taking care of yourself.

Join Littleton Elder and Human Services on the first Tuesday of every month (December 4th) from 5:30-6:30 pm, for a Support Group for those who have been affected by someone's addiction in any way.

100 % Confidential

No registration is necessary, please come if you are able and spread the word to those who may benefit.

37 Shattuck Street, Room 233, Littleton, MA 01460

Littleton Coalition Against Addiction 100% Confidential



Nicole Lorenson, Outreach Coordinator
978-540-2475
nlorenson@littletonma.org



Donna Kivlin, Recovery Coach
978-431-0162
donnaamericorps@paarius.org



Barbara Whitcomb, Suicide Prevention
978-486-4928
bwhitcomb@4sans.org

Littleton Commuter Rail Shuttle Park & Ride Spaces at IBM

Pay \$2.50 for R/T shuttle from IBM, rather than \$6 to park at Littleton Station

The Town of Littleton and the Montachusett Regional Transit Authority are pleased to announce that MART's weekday Littleton-Westford Commuter Rail Shuttle has added a new dedicated park and ride location to the shuttle route that will be available for use starting on Monday, October 29, 2018. The Town of Littleton has secured twelve spaces in the parking lot in front of IBM (in the southwest corner of the parking lot closest to Great Road [Rte. 119]). The spaces have signs designating them for the shuttle. These twelve free parking spaces at IBM are available to weekday commuters going to/from the Littleton-495 Commuter Rail station using the MART shuttle service (\$1.25 each way). *The roundtrip cost of \$2.50 per day compares to \$6.00 per day to park at the Littleton-495 MBTA commuter rail station.* Monthly shuttle passes cost \$25, and are available at Littleton Town Hall or from the bus driver.

To use the shuttle during weekday morning service:

Be ready at the IBM Park & Ride stop by:	To arrive at Littleton MBTA Station by:	In order to catch these Fitchburg line trains from Littleton:
7:25 AM	7:35 AM	7:46 AM inbound to Boston 7:40 AM outbound to Wachusett
8:25 AM	8:35 AM	8:46 AM inbound to Boston 8:41 AM outbound to Wachusett

During the weekday late afternoon service:

Arrive at Littleton Station on these Fitchburg trains:	To depart Littleton MBTA station at:	To arrive at IBM Park & Ride stop at:
5:15 PM inbound to Boston 5:01 & 5:15 PM outbound to Wachusett	5:20 PM	5:30 PM
6:19 PM inbound to Boston 6:29 PM outbound to Wachusett	6:38 PM	On demand (approx. 10 min after departure)

"The Town of Littleton is grateful to IBM's landlord, Hudson Advisors, for a license agreement for twelve park and ride commuter spaces in the IBM lot near Great Road / Rt. 119, to connect with the MART shuttle serving the Littleton MBTA commuter rail station on the Fitchburg line," said Littleton Town Administrator Keith Bergman. "The Town and IBM are members of the CrossTown Connect Transportation Management Association, a public-private partnership to expand transportation options for those who live and work in our community."

Begun on June 4, 2018, this shuttle connects the Littleton-495 Commuter Rail station with IBM/Littleton Common and businesses in Tech Parks East and West in Westford, making it possible to commute to and from these locations on public transportation. Residents going to Littleton Station will be able to board the shuttle at any of the scheduled stops or flag the bus down as it travels along Route 110. The shuttle service is made possible by a collaborative effort from the Towns of Littleton and Westford, MART, private business partners, CrossTown Connect, MassDevelopment, MassDOT, and the Montachusett Regional Planning Commission with support from the 495/MetroWest Partnership.

Additional information including a route map and complete shuttle schedule can be found on MART's website

at: <http://www.mrta.us/routes-schedules/littleton-westford-commuter-rail-shuttle>



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2018

*****TRANSPORTATION*****

- Arrange a ride by calling Dispatch at 978-844-6809; Monday through Friday - 8:30 am to 4:00 pm Messages on the answering machine after 4:00 pm will be returned the following business day.
- Open to all riders 60 years of age or with a qualified disability. Others may be taken on a space-available basis. Veterans ride for free. Children under 18 must be accompanied by an adult.
- Trips are booked first-come-first-served with priority given to medical requests. Ride service is curb-to-curb.
- Requests should be made 48 hours in advance.
- You must provide the exact address of your destination (street number and town), as well as a destination telephone number when you book your ride.
- Passengers are asked to be ready 15 minutes before their booked trip time and to wait for 15 minutes after their scheduled time to allow for traffic and unexpected delays.
- Please call if you must cancel so your timeslot can be used by another rider.
- Dispatch services provided by CrossTown Connect (CTC). Funding for transportation provided by MART – Montachusett Regional Transit Authority and the Town of Littleton.

LITTLETON EHS TRANSPORTATION CHARGES

Rides are provided to appointments between 9:00 am and 3:00 pm.

- Rides greater than 15 miles (except medical rides in Concord) -- **\$7 one way**. Call for info on towns served.
- Rides to medical services in Concord -- **\$1 one way**
- Rides within CTC service area (Littleton, Acton, Maynard, Boxborough) -- **\$1 one way**

**** Rides to and from a Council on Aging (and the Senior Diner) in any of the four town are always FREE ****

We also provide rides to Lahey Hospital in Burlington and to the Boston area hospitals.

- 1st and 3rd Fridays – Boston area hospitals
- 2nd and 4th Fridays – Lahey (Burlington)

We can take you to a pick-up point for a MART ride to Boston any day, Monday – Friday. Call for details.

REMINDER

If you use the van on a weekly basis, please call **EVERY** week to continue your reservation. If you are accompanied by someone on the ride, they must also pay the fare.